

# Guidance and Counseling Services

# DIGEST

Vol. 11, No. 10

*Please forward this Digest to your colleagues.*

May 2014

**Our Vision:** *That all schools will have fully implemented Comprehensive Guidance and Counseling Programs that advance the academic, career, and personal/social development of all students.*

**Our Mission:** *To work collaboratively with school counselors, counselor educators, the Missouri School Counselor Association, the Missouri Association for Career and Technical Education and other stakeholders to develop and provide resources and meaningful professional development that support professional school counselors and career services personnel in their efforts toward full implementation of their programs.*

**The Guidance and Counseling Services Staff:**  
**Tom and Loree**  
**573-751-4383**

## Announcements

This will be the final, lengthy issue of the Digest for this school year. We hope you have a successful and smooth end to the year and are able to re-energize over the summer. Finish the year strong, knowing that what you do has a tremendous impact on your school, peers, and students! Professional School Counselors rock!

### **NEW DESE Website**

The Department of Elementary and Secondary Education launched a redesigned website at <http://dese.mo.gov>. Guidance and Counseling materials can be found by hovering over the "Educator" tab on the top blue ribbon, then clicking on "Guidance and Counseling". This is certainly a work in progress that has great potential to house all guidance and counseling materials in one location.

Please note the [feedback form](#) at the top of the home page. If you find a link not working or a correction that is needed, please send us a message through this feedback ticketing system.

### **The Counseling Interviewer**

The Counseling Interviewer is The Official Journal of the Missouri School Counselor Association. Submitting articles is a great way to share and contribute to your profession. Topics can span the spectrum related to school counseling practice, school counseling supervision, and school counselor education. Send your questions and submissions to Dr. Christopher Maglio at [cjmaglio@truman.edu](mailto:cjmaglio@truman.edu)

### **ACT Training Opportunities**

ACT is providing multiple training webinars on many of their products. See [ACT Training](#) for more information.

### **Missouri New Counselor Institute**

The New Counselor Institute will be held July 13-16, 2014 at the Hilton Garden Inn, Columbia Mo. Originally designed for new counselors with a Temporary Authorization Certificate (TAC), this institute has proven to be beneficial for any entering or first year counselors who have no or limited understanding or training to implement a comprehensive guidance and counseling program using the Missouri model. Initial information and the registration form can be found at <http://dese.mo.gov/divcareered/>. Contact Tom Schlimpert at [tom.schlimpert@dese.mo.gov](mailto:tom.schlimpert@dese.mo.gov) or 573-751-6875 for more information.

### **Leadership In Practice Summer Forum 2014**

Applications for the Missouri Chamber of Commerce and Industry's 2014 Leadership in Practice Summer Camp are being accepted until April 15. This summer **June 22-25, 2014**, up to 150 freshmen from across Missouri will participate in the Missouri Chamber's 18<sup>th</sup> annual *Leadership In Practice* summer program. For more information about the camp, the application process, or available scholarships please go to the webpage: [Leadership In Practice](#) or [www.mochamber.com](http://www.mochamber.com) for more information contact Brian Crouse, VP of Education with the Missouri Chamber of Commerce and Industry at [BCrouse@mochamber.com](mailto:BCrouse@mochamber.com) or by phone- 573-634-3511.

## **Program Components**

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### **GUIDANCE CURRICULUM**

#### **Compliment**

"First, I would like to thank and congratulate all staff and faculty members of Missouri Department of Elementary and Secondary Education for designing and sharing a very effective comprehensive K-12 Guidance and Counseling grade-level lesson plans and resources. We found your lessons extremely powerful and helpful to meet the diverse needs of our underprivileged low income and first generation students."

Olcay Yavuz, Ed.D. Department of Applied Psychology at New York University, Steinhardt.

This quote was received as part of an inquiry about using our guidance and counseling curriculum from New York. Several other states are also referencing our lesson plans. Quality curriculum is foundational for a comprehensive guidance and counseling program. We are very fortunate to have a very talented and dedicated curriculum writing team lead by Carolyn Roof and Larae Watkins to update our materials! We appreciate their great work!

Updated lesson plans and materials will be available on the DESE Guidance and Counseling website before school starts this fall. Be sure to use them!

#### **Missouri Learning Standards**

The **Missouri Learning Standards** define the knowledge and skills students need in each grade level and course for success in college, other postsecondary training and careers. These grade-level and course-level expectations are aligned to the **Show-Me Standards**. For more information see:

<http://www.missourilearningstandards.com/about/>

## INDIVIDUAL STUDENT PLANNING

### **Scholarships and Contest Information**

Contact your regional [College and Career Consultants](#) for an extensive list of scholarship and contest information that is applicable for your high school students. Eight pages of references, links and information, including [Eight Steps To Winning A Scholarship](#) and [10 Tips for Writing Effective Scholarship Essays](#)!

### **Missouri Special Needs Association (MSNA) Scholarship Application**

The Missouri Special Needs Association (MSNA) is offering a student financial award to acknowledge the achievement of a career/technical student who is a member of a special population and has overcome barriers to achieve his/her highest potential for success. Please contact Karen Kennedy for more information at [kkennedy@stcharlessd.org](mailto:kkennedy@stcharlessd.org) or (636) 443-4975.

### **SAMHSA Grant Opportunities**

Check out the New Grant Opportunities provided by The Substance Abuse and Mental Health Services Administration at <http://www.samhsa.gov/>. The "Now Is the Time" Project AWARE Local Educational Agency Grants are worth up to \$50,000/year to support training of school personnel and community members to detect and respond to mental illness.

### **Missouri Connections**

Check out the [Career Planning Video](#) embedded in the rotating banner in the lower right hand corner of the Missouri Connections front page <http://www.missouriconnections.org>

Contact Tom Schlimpert at [tom.schlimper@dese.mo.gov](mailto:tom.schlimper@dese.mo.gov) or Jackie Coleman at [jcoleman@motrainer.com](mailto:jcoleman@motrainer.com)

### **How To Write A Cover Letter**

[How to write a cover letter](#) from the Harvard Business Review

## RESPONSIVE SERVICES

### **The Relationship Between Bullying and Suicide**

Reinforces what you know. Good talking points to share with others.

<http://www.cdc.gov/violenceprevention/pdf/bullying-suicide-translation-final-a.pdf>

### **Teen Dating Violence in the United States**

A summary with factoids, resources and publications from the U.S. Department of Education.

<http://www2.ed.gov/about/offices/list/oese/oshs/edtdvfactsheet8-26-13.pdf>

### **Teen Dating Violence and Sexual Assault in Schools:**

<http://www.ed.gov/blog/2014/04/teen-dating-violence-and-sexual-assault-in-schools-resources-and-a-call-to-action/>

## SYSTEM SUPPORT

### **Suicide Prevention Policy**

A comprehensive guide to creating a district policy addressing mental health and especially suicide prevention and response: <http://www.thetrevorproject.org/pages/modelschoolpolicy>

### **Video Contest**

The National Mental Health Foundation (NAMI) is sponsoring a 2014 YouTube Video Contest for students to create a 3 minute video on "Missouri Mental Health Matters". First prize is \$300. Deadline is May 15. Go to [www.missourimhf.org](http://www.missourimhf.org) for details.

### **Missouri Vocational Rehabilitation**

Missouri Vocational Rehabilitation (VR) is a program in the Department of Elementary and Secondary Education that receives state and federal funds to help eligible people with disabilities obtain and maintain employment. Although primarily an adult service agency, VR coordinates with schools in the planning of transition services for eligible young adults with physical or mental impairments prior to their graduation or exit from high school. VR's primary role in providing transition services is to help young adults with disabilities who qualify receive employment-related services and/or training necessary to make a smooth transition from high school to successful, competitive employment in integrated settings. VR counselors often utilize the same web based career exploration tools as schools such as Missouri Connections to help eligible students explore career pathways and identify post-secondary employment goals. Enhanced outreach efforts to schools include VR counselors reaching out and developing stronger connections with the high school guidance counselors to help identify students who may be eligible for VR services. Collaboration between VR counselors and high school guidance counselors is imperative to help build the bridge from school to work. Please consider contacting your special education director or work experience coordinator in the high school, or your local VR office to learn which VR counselor is assigned to your school and to learn more about how to make referrals to VR. You can find contact information for all VR offices across the state on the below website.

To learn more about Missouri Vocational Rehabilitation and transition services, call toll free [877-222-8963](tel:877-222-8963), consult the VR website at <http://dese.mo.gov/vr/vocrehab.htm>, or obtain a copy of the VR Transition brochure at <http://dese.mo.gov/vr/documents/Transition0112.pdf>.

### **New DESE Summer School Guidelines**

Administrative Memo QS-14-003 <<http://dese.mo.gov/am/qs/index.html>> contains pertinent information regarding the 2014 summer school session.

If you have questions, contact:

Summer School -Dale Wimer at 573-751-3190

Core Data/MOSIS – Tom Ogle at 573-751-9060

School Finance – Roger Dorson at 573-751-0357

### **MCCE Career Exploration & Planning Resources**

Do you use VHS materials? Do you know others who do? With a decline in use, we are eliminating our VHS videos. If you request an item on VHS and no other users have requests for it, you can keep it! Read our full policy on VHS materials here: <http://resources.mcce.org/vhs/>

Career development publications will continue to be available from the Missouri Center for Career Education (MCCE). Visit this page to view PDF samples and download the order form: <http://www.missouricareereducation.org/for/content/career/>

### **Counselor Day**

Save the date and plan to join Missouri University of Science and Technology for Counselor Day on November 14, 2014. The day will include academic presentations and hands-on demonstrations to give you a better understanding of what S&T has to offer your students. Visit [futurestudents.mst.edu/hscounselors/](http://futurestudents.mst.edu/hscounselors/) for additional details.

### **Kansas City Metro College Connections Center (C<sup>3</sup>)**

Students who are college-bound upon graduation from high school do not always make it to the intended campus in fall; some studies say as many as 40% are lost due to the phenomenon called “summer melt”. Students change their minds and end up not enrolling on their selected campus for many reasons, most often due to financial reasons.

To address this need, the Missouri College Advising Corps (MCAC); <http://mcac.missouri.edu> is pleased to announce the Kansas City Metro College Connections Center (C<sup>3</sup>)! The Center will be hosted at the Metropolitan Community College-Penn Valley campus will be open 31 hours per week to serve both Kansas City, KS and MO students during the summer, after high school graduation and before college enrollment in the fall. Center workers will help students and their families overcome barriers to ensure they reach their postsecondary plans.

### **Employment Opportunity**

If you are a certified high school counselor, a college or university financial aid officer, a college access program staff member, or college representative and are interested in serving at the Center, contact Victor Bradford, College Transition and Retention Coach, Missouri College Advising Corps, and Center Manager, [bradfordvi@missouri.edu](mailto:bradfordvi@missouri.edu). Certified counselors with 9 or 10 month contracts will receive a \$30/hour stipend, paid in full after the Center closes.

For additional information about the Center visit [collegeconnections.missouri.edu](http://collegeconnections.missouri.edu)

### **Guidance System of Support (GSOS)**

Materials from the current and all previous GSOS meetings can be found at: <http://dese.mo.gov/ccr/cemodelcurriculum/sos-materials.html>

### **DESE Mailbag**

Stay connected with the latest DESE news: <http://dese.mo.gov/comm/mailbag/>

### **Missouri Virtual Instruction (MoVIP)**

MoVIP, or the Missouri Virtual Instruction Program, which is run by the Department, will begin registering K-12 students in April for the upcoming summer semester. For more information, please visit [www.movip.org](http://www.movip.org) or contact Steve Schellman at 573-751-5882.

## Conferences, Workshops and Webinars

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### **Missouri New Counselor Institute**

July 13-16, 2014 at the Hilton Garden Inn, Columbia. <http://dese.mo.gov/divcareered/>. Contact Tom Schlimpert at [tom.schlompert@dese.mo.gov](mailto:tom.schlompert@dese.mo.gov) or 573-751-6875 for information.

### **MoACTE Summer Conference**

July 21-24; Springfield EXPO Center. <http://www.mo-acte.org/>

### **Missouri New Teacher Institute**

July 27-30 at the Hilton Garden Inn, Columbia. <http://dese.mo.gov/divcareered/> Contact Janice Rehak at [Janice.rehak@dese.mo.gov](mailto:Janice.rehak@dese.mo.gov) or 573-526-4900.

### **ACTE National Conference**

Submit a presentation proposal for the ACTE Career Tech Vision 2014 national conference in Nashville on November 19-22, 2014. [https://sl.goeshow.com/acte/vision/2014/abstract\\_submission1.cfm](https://sl.goeshow.com/acte/vision/2014/abstract_submission1.cfm)

### **MSCA Fall Conference**

November 2-4, 2014 Tan-Tar-A.

## Interesting Insights

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### **Good article on the importance of soft skills**

<http://www.cbsnews.com/news/job-hunters-dont-overlook-your-soft-skills/>

### **Training Kids Without Stressing Them Out**

Tim Elmore continually provides quality information and insights about Growing Leaders with this new generation of students <http://growingleaders.com/> and offers the following suggestions for parents, teachers and coaches to help children and teens navigate the stress levels they experience, and perhaps avoid anxiety, distress and even depression in their lives.

(This might be a good piece for a newsletter and to share with your staff.)

#### **What can we do?**

##### **1. Limit their extracurricular activities.**

Kids were never meant to be overwhelmed with options. Help them choose one or two activities for fun, but keep them focused on their priorities.

##### **2. Be sure they eat and sleep well.**

Sleep is a [critical factor](#) in performance. We all know this, but fail to help our kids eat and sleep well. Healthy food and eight hours of sleep can reduce stress.

##### **3. Teach them stress is neutral and doesn't have to become distress.**

Often, kids get "stressed out" when they don't view stress properly. Pressure can be positive or negative depending on our response. Help them to see it as weight lifting — you're putting pressure on your body, but in order to gain strength and build muscle.

##### **4. Condition them to do difficult tasks and learn resilience.**

As early as possible, challenge your kids to do hard things. Be sure they're suitable to your student, but learning to struggle, fall and bounce back is essential to life.

**5. Enable them to locate their strengths and work inside them.**

Stress levels often drop when kids find their sweet spot. If they identify a gift, help them to use it, develop it and flourish. This does wonders for emotional health.

**6. Tell them stories of kids who learned to make stress work for them.**

I tried to pepper my kid's childhood with stories of young people who turned their stress into success — their lemons into lemonade. At times, attitude is half the battle.

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